Ashley Judd finds her new television role in Missing

Metro looks at new shows on the spring schedule PAGE 15

VANCOUVER metro®

Monday, March 5, 2012

News worth sharing.

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Teachers may lawyer up

Labour. Bill 22 could see educators take government to court

MATT KIELTYKA
matt.kieltyka@metronews.ca

Three days of strike action could be just the tip of the iceberg in the ongoing teachers dispute.

British Columbia Teachers' Federation (BCTF) president Susan Lambert says the union could head back to court if Bill 22 is passed and a new contract is imposed on teachers.

"Once this legislation is through and we know there is no more on the way, we will certainly be going before the court," said Lambert.

The union won a ruling last year after a B.C. Supreme Court judge found the government had breached the BCTF's collective-bargaining rights by taking issues such as class size and composition off the table in 2001.

Lambert claims Bill 22 — which would extend the teachers' current contract and impose a government-selected mediator — also breaches bargaining rights.

"The government will lose again; it'll be a tremendous waste of taxpayer dollars," she said.

Education Minister George Abbott has told media he believes Bill 22, which could be passed this week, will hold up in court.

Meanwhile, teachers will take part in a three-day strike this week before moving on to once-a-week job action afterwards.

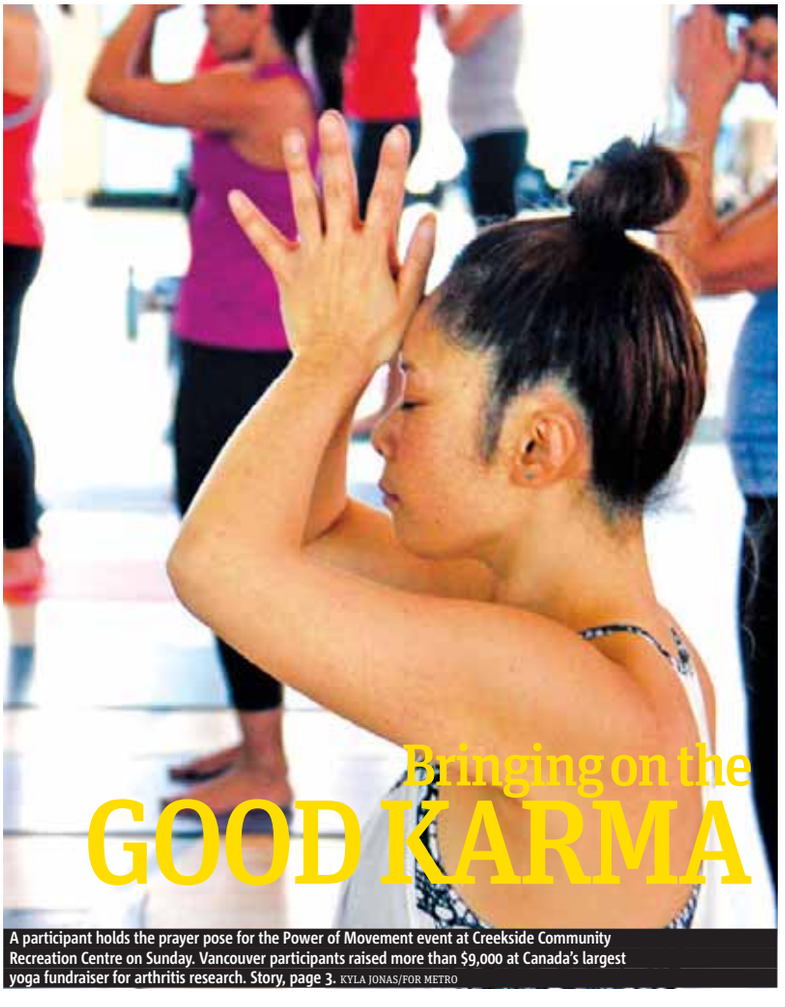
Lambert hopes public support will show the government teachers deserve "a fair and reasonable" deal and that the public expects "high-quality education" in B.C.

No picket lines will be in place, so schools will still technically be open for parents who can't find child care or make other arrangements.

Only administrators and non-teaching staff will be working, however.

Southwestern twist on wontons

Crispy avocado appetizers filled with ground beef and spices PAGE 18



Bringing on the GOOD KARMA

A participant holds the prayer pose for the Power of Movement event at Creekside Community Recreation Centre on Sunday. Vancouver participants raised more than $9,000 at Canada's largest yoga fundraiser for arthritis research. Story, page 3. KYLA JONAS/FOR METRO

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Cars collide

Cruiser crashes into Surrey pub

Surrey RCMP are investigating a case of reckless driving after one of its own cruisers was struck and sent flying into a local pub.

At 3:30 on Friday afternoon, the cruiser was driving down the 13400 block of 72nd Avenue when the vehicle next to it, a Pontiac Sunfire, suddenly changed lanes and collided with the police vehicle.

The impact sent the cruiser over the curb and into the retaining way of the Robin Hood Pub.

The building and the vehicle were both extensively damaged by the incident, but no one was injured.

The driver of the Sunfire allegedly fled the scene but was later tracked down thanks to a witness who reported the car's licence-plate number.

The investigation is continuing and no charges have been laid yet.

MATT KIELTYKA/METRO

Upcoming report

Public frustrated by justice system: Cowper

The lawyer who's conducting a review of B.C.'s justice system is looking to succeed where others have failed.

Geoffrey Cowper is expected to issue a report in July containing recommendations to reform the justice system, which has seen more than 100 cases tossed out last year alone because of long delays.

Cowper acknowledges that the public appears frustrated that similar reviews in the past have failed to solve the problems.

THE CANADIAN PRESS

Rumble, a four-year-old Staffordshire terrier, at Canada West Veterinary Specialists in East Vancouver on Sunday. GRAHAM TEMPLETON/FOR METRO

Hero dog on the mend after defending home

Vets perform emergency surgery. Dog shot in home invasion to make full recovery

GRAHAM TEMPLETON
vancouver@metronews.ca

They say you can't keep a good dog down, and a local canine named Rumble, shot last weekend while defending his home from intruders, is proving them right.

The four-year-old American Staffordshire terrier is recovering at a veterinary clinic a week after he was found at home, bleeding from a severe beating and a gunshot wound to the chest.

Rumble was initially rushed to the local vet, but his injuries required that he be moved to a specialized surgical facility, where he required more than three hours of surgery.

Michael King of the Canada West Veterinary Specialists performed the operation.

"When he came in, he had obviously lost a lot of blood," said King. "The bullet caused a huge fragmentation of the humerus bone … so we had to remove some of the bullet fragments as well as stabilize the fracture.

"Actually, it was quite lucky," King added. "If the bullet hadn't hit the bone, it would have gone right through the chest and that would probably have been fatal."

Lucky or not, the bone was too badly shattered to be simply set.

"Rather than trying to put all the little pieces back together again … we ended up inserting a large metal plate to stabilize the bone and line up the joints."

Some fragments of bullet and bone will remain in Rumble's shoulder for the rest of his life.

There is a chance that he will suffer some permanent nerve damage, but King noted that the dog is already responding to pressure on the foot, which bodes well for the recovery process.

The vet's office said that Rumble should be home by Tuesday, but will require several months of recovery and extensive physiotherapy.

Lucky dog

"If the bullet hadn't hit the bone, it would have gone right through the chest, and that would probably have been fatal."

Michael King, veterinarian at the Canada West Veterinary Specialists

Arthritis sufferers find comfort in yoga

Participants come together at Creekside Community Recreation Centre for the Power of Movement. KYLA JONAS/FOR METRO

After being diagnosed with arthritis at 22, yoga instructor Cielo English was thrilled to participate in Sunday's Power of Movement, showing no signs of pain.

"(In the past) I had no mobility in my arm at all," said the yoga instructor, who was among the 100 yoga enthusiasts at the Creekside Community Recreation Centre.

"I was told the only way (my mobility) was going to improve was to have shoulder-replacement surgery."

English was given the diagnosis 18 years ago but opted out of the surgery. She has been raising a family along with running a yoga practice for the past 16 years, nearly pain-free.

"I was alone. At that point nobody even talked about (arthritis) or knew much about it. That's why this event is so important."

Susanne Mueller, Vancouver's Power of Movement organizer, believes arthritis awareness ensures people don't suffer alone. "It's all about getting a community together for a good cause."

This year, Vancouver participants raised $9,010 towards the Arthritis Research Foundation.

The event is Canada's largest yoga fundraiser for arthritis research. Participants in more than 22 communities across Canada took part in 2012's event. Now in its sixth year, volunteers have raised more than $1 million.

KYLA JONAS/FOR METRO

Chronic disease

- 4.6-million Canadians live with arthritis
- One in 1,000 Canadian children suffer from arthritis
- Arthritis is among the top three most common chronic diseases in Canada

1 NEWS

On metronews.ca

NHL stars add their voice to movement fighting homophobia

First, it's Rick Nash. Then Duncan Keith, Brian Boyle, Matt Moulson, Joffrey Lupul, Claude Giroux, Daniel Alfredsson, Scott Hartnell, Corey Perry, Andy Greene, Dion Phaneuf and Henrik Lundqvist. As each of the NHL players repeats a simple message in a powerful public-service announcement released Sunday, they add their voice to a growing movement aimed at creating a level playing field in the sport, regardless of sexual orientation. Watch at metronews.ca/video

Putin wins Russia's presidential election

Politics. Independent observers allege fraud in nationwide vote

Vladimir Putin reacts at a rally of supporters after claiming victory in the presidential election. IVAN SEKRETAREV/THE ASSOCIATED PRESS

Vladimir Putin claimed victory in Russia's presidential election before tens of thousands of cheering supporters Sunday, even as the opposition and independent observers insisted the vote had been marred by widespread fraud.

At a massive rally just outside the Kremlin, Putin thanked his supporters for helping foil plots aimed at destroying Russia, sounding a nationalistic theme that has resonated with the prime minister's core supporters amid a wave of unprecedented protests.

"I have promised that we would win and we have won!" he shouted to the crowd, which responded with shouts of support. He said the vote showed the majority of Russians have rejected "political provocations" by his opponents aimed at "destroying Russia's statehood and usurping power."

Putin tallied 58-59 per cent of the vote, according to exit polls cited by state television. Communist Party candidate Gennady Zyuganov received about 18 per cent, according to the surveys, and the others — nationalist Vladimir Zhirinovsky, socialist Sergei Mironov and billionaire Mikhail Prokhorov — were in single digits.

Official vote results from the far eastern regions and Siberia where the count was already completed seemed to confirm the poll data. With about 60 per cent of all precincts counted, Putin was leading the field with 65 per cent of the vote, the Central Election Commission said.

If thousands of claims of violations made by independent observers and Putin's foes are confirmed, they would undermine the legitimacy of his victory and fuel further protests by Russians exasperated with corruption, rising social inequality and tight controls over political life.

THE ASSOCIATED PRESS

Deaths mount in train crash

An aerial view taken from a paraglider shows the site of a train crash near the town of Szczekociny, southern Poland, Sunday. Two trains collided head-on late Saturday, killing more than a dozen people and injuring more than 50.

GRZEGORZ MISIAK/THE ASSOCIATED PRESS

Explosion

Congo arms blast kills hundreds

Buildings collapsed in the Congolese capital after an arms depot exploded Sunday, killing at least 206 people and entombing countless others, including inside a church where dozens were attending Mass, officials and witnesses said. A morgue in Brazzaville took in 136 bodies Sunday, as more continued to arrive.

THE ASSOCIATED PRESS

Kim Jong-un

N. Korea leader orders troops on high-alert

North Korean leader Kim Jong-un visited the heavily armed border with rival South Korea and ordered troops to be on high alert, state media reported Sunday, just days after Washington and Pyongyang agreed to a nuclear deal after years of deadlock.

THE ASSOCIATED PRESS

The National
with Peter Mansbridge

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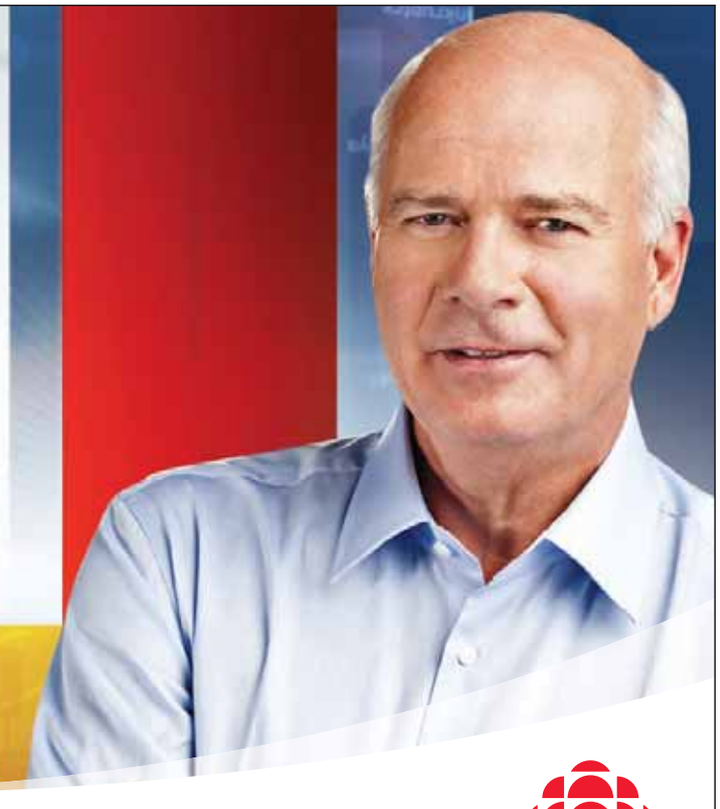

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Outdoor hockey may be history

Global Warming. Since 1950, Canada's winter temperatures have increased by more than 2.5 C, says U.K. study

Canada's favourite pastime is on its way to being an indoor-only sport in some areas of the country, a new study warns.

The study, released Monday by United Kingdom-based IOP Publishing, says outdoor ice hockey in Canada is being threatened by climate change.

Lawrence Mysak, co-author of the report and a professor at McGill University in Montreal, said warmer winter temperatures caused by climate change are restricting the operation of ice rinks.

"We were able to see that in general, the rinks were being opened later and later over the last ... 50 years, and secondly that the length of the season has also shortened by ... one or two, sometimes three weeks," said Mysak.

Mysak fears the gradual warming of the earth could eventually cause outdoor hockey to perish in several decades.

Regions that are being hit the hardest are the Prairies, southeastern British Columbia and southern Ontario and Quebec. The Maritimes and northern parts of the country did not see significant changes, he said.

"It's hard to imagine parts of the country that currently do enjoy outdoor skating not being able to do that at some point in the future," said Damon Matthews, co-author of the report and a professor at Concordia University in Montreal. "Outdoor skating, particularly hockey, is synonymous with Canadian culture. I think there's big cultural ramification to this as well."

Mysak said the study began as a 2011 thesis by McGill masters student Nikolay Damyanov. THE CANADIAN PRESS

Trend Forecast

"If we extend the trends into the future, there could be no outdoor skating with global warming taking place."
Lawrence Mysak. McGill University

Climate Study

Researchers looked at 140 weather stations in Canada to calculate the annual start date and length of skating season.

- **Winter Months.** The study looked at temperatures in January and February.
- **Length Decrease.** It found that many regions had less time for outdoor skating.

Reenactors relive battle history

Marvin Recker, 74, a great-grandson of William Caldwell, who fought in the Battle of Longwoods, fires his weapon yesterday during an anniversary ceremony at the battle site near Wardsville, Ont. The battle during the War of 1812 occurred on March 4, 1813. DAVE CHIDLEY/THE CANADIAN PRESS

Investigation. CSIS persists on work visits

Canada's spy agency considers surprise workplace visits to be a "legitimate investigative strategy" despite persistent public concerns about the practice, a newly disclosed policy memo says.

The memo surfaced recently related to a complaint lodged by an Ottawa woman who took exception to being visited by Canadian Security Intelligence Service officers at her office.

The previously secret document shows that CSIS makes it a point to suddenly turn up at people's offices in order to intimidate them, said Paul Champ, the woman's lawyer.

CSIS personnel are trained and expected to be professional, courteous, respectful and discreet to the fullest extent possible, said Tahera Mufti, spokeswoman for the spy service. "We talk to many Canadians ... and by far these conversations are generally very cordial and frankly benign." THE CANADIAN PRESS

Accident. Slab crashes at Montreal stadium

A giant concrete block fell today from the ceiling of an underground parking facility in Montreal's Olympic Stadium.

The city's fire department says no one was injured but they are concerned there could be more problems now that the structure has been weakened.

A security guard spotted the fallen slab — measuring eight by 12 metres — shortly after 3 p.m. and alerted emergency officials.

The incident at the old home of the Montreal Expos is the latest sign of the city's crumbling infrastructure. It comes two weeks before the Montreal Impact was scheduled to play its first Major League Soccer game at the stadium.

Stadium officials say they are investigating the incident.

Last fall, the Quebec government invited residents to come up with proposals for what to do with the seldom-used, billion-dollar stadium. THE CANADIAN PRESS

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Obama on Iran: 'No options off the table'

Meets today with Netanyahu. But U.S. president says sanctions need time to work.

U.S. President Barack Obama had a dire message for Iran on Sunday, warning the United States will use force if necessary to prevent Iranians from obtaining nuclear weapons.

"I will take no options off the table, and I mean what I say," Obama said in a speech to a pro-Israel lobby group in Washington on the eve of a White House meeting with Israeli Prime Minister Benjamin Netanyahu.

"That includes all elements of American power. A political effort aimed at isolating Iran; a diplomatic effort to sustain our coalition and ensure that the Iranian program is monitored; an economic effort to impose crippling sanctions; and, yes, a military effort to be prepared for any contingency."

He added, however, that there had been "too much loose talk of war," a phenomenon that has been a boon to the Iranian government because it's boosted oil prices. Iran depends on higher oil prices to fund its nuclear program.

"Now is the time to heed that timeless advice from Teddy Roosevelt: 'Speak softly. Carry a big stick,'" Obama said.

THE CANADIAN PRESS

A matter of time

"For the sake of Israel's security ... now is not the time for bluster"
Barack Obama

U.S. President Barack Obama speaking Sunday in Washington.
CAROLYN KASTER/THE ASSOCIATED PRESS

Scotland

Cardinal calls gay-marriage plans 'madness'

The head of the Catholic Church in Scotland has fiercely attacked the British government's plans to allow gay marriage, calling the proposals "madness."

In an article for the Sunday Telegraph newspaper, Scottish Roman Catholic Cardinal Keith O'Brien accused the coalition government of trying to "redefine reality."

While O'Brien conceded that arguing in favour of "traditional'' marriage "risks one being labeled an intolerant bigot," he said changing the definition of marriage would "shame the United Kingdom in the eyes of the world."

Prime Minister David Cameron has openly advocated gay marriage. Britain's equalities minister will launch a consultation later this month on how to change the legal definition of marriage to include same-sex couples.

"I think it is a completely unacceptable way for a prelate to talk," said Margot James, the first openly gay female lawmaker from the ruling Conservative party.

THE ASSOCIATED PRESS

18-year sentence

Daughter: Human-rights defender jailed in Iran

A prominent Iranian human-rights lawyer has been sentenced to 18 years in prison by a Tehran revolutionary court, his daughter said Sunday.

Abdolfattah Soltani was also banned from exercising his profession for 20 years and he will be sent to a remote prison where it will be difficult for the family to visit him, said Maede Soltani.

"It is a harsh and heinous sentence," she said. "The trial was completely politically motivated," added Maede Soltani, who lives in Germany.

Soltani, 58, co-founded a human rights group with Iranian Nobel Peace Prize laureate Shirin Ebadi. He was arrested last year and has since been held in Tehran's notorious Evin prison.

Soltani says her father was charged with co-founding the Center for Human Rights Defenders, spreading anti-government propaganda and endangering national security and accepting an illegal prize — a reference to a German human rights prize he was awarded in 2009.

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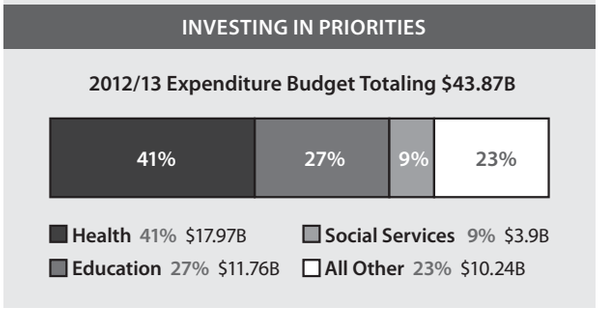

For more details on Budget 2012, visit www.bcbudget.ca or www.bcjobsplan.ca

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Robocalls. Tory election official says those responsible must pay

The Conservative party campaign co-chair agrees with a former top Elections Canada official on one thing — the courts should throw the book at whoever is behind calls to deliberately mislead voters in the 2011 election.

Lawyer Guy Giorno, Stephen Harper's former chief of staff now back in the private sector, told CTV's Question Period that "suppression of vote is a despicable, reprehensible practice and everybody ought to condemn it.

"So I wish Godspeed to Elections Canada and the RCMP investigators. We want them to get to the bottom of this and let's hope the full weight of the law is applied to any and all."

Giorno, like other top Conservatives, said something clearly went awry in the riding of Guelph, Ont., and suggested it was limited to that. But he denied there was any connection to the official campaign, and denied there was any possibility that something akin to mere "old-fashioned dirty tricks" could have taken place without his knowledge.

"We had processes and structures in place to ensure that that didn't happen, so the short answer is no."

It was another shift in the official Conservative response to allegations being raised across the country that robocalls of automated messages and the use of live telephone operators deliberately set out to misdirect voters to wrong poll locations.

TORSTAR NEWS SERVICE

No leniency

Jean-Pierre Kingsley, the former chief electoral officer, in an interview with Global TV's The West Block said that if there was no conspiracy — as Conservatives have suggested — but possibly a lone or rogue operative misdirecting voters, there should be no leniency: "Not in light of what was being attempted here."

- **"A court will look at intent"** and other factors to determine whether jail time is warranted, said Kingsley, but in an interview he suggested jail should definitely "be considered because this is a direct affront to the very foundation of our system."

Picking up the pieces after nature's wrath

Unidentified women search through debris of Ted and Brenda Tolbert's Holton, Ind., home Sunday. A string of violent storms scratched away small towns in Indiana and cut off rural communities in Kentucky as an early-season tornado outbreak killed at least 37 people on Saturday. The Tolberts are in the hospital after their house fell on them during the storms. ERNEST COLEMAN/THE ASSOCIATED PRESS

Taken off life support

Indiana toddler found in field after tornado dies

A hospital official says an Indiana toddler found in a field after Friday's violent tornadoes has died.

Fourteen-month-old Angel Babcock of New Pekin, Ind., was found after her family's mobile home was destroyed in the storms that ravaged the Midwest and South. She had been in critical condition at Kosair Children's Hospital in Louisville, Ky. THE ASSOCIATED PRESS

'Slut' remark fallout

Another sponsor drops Limbaugh

A flower company is the seventh advertiser to pull its ads from conservative talk-show host Rush Limbaugh's radio program in reaction to his derogatory comments about a law student who testified about birth-control policy.

ProFlowers said Sunday on its Facebook page that it has suspended advertising on Limbaugh's program. THE ASSOCIATED PRESS

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Green leader. Telus to invest $3B in latest technology, garden towers

Telus says it will invest $3 billion in advanced technology and new facilities in B.C. over the next three years, including a splashy new office and residential complex in downtown Vancouver that the company says will be a leader in green design.

Telus president Darren Entwistle says much of the money will be spent on expanding wireless and broadband connections, delivering the world's fastest wireless service to almost 90 per cent of B.C. residents by the end of this year.

The company says it will be hiring hundreds of new staff, including 800 alone to support the expansion of its wireless division and its Optik TV service.

Telus has also provided more details of a project announced last year to build a 22-storey office tower and 46-storey residential tower in downtown Vancouver.

The company says the $750-million development, dubbed Telus Garden, will be built to the highest environmental standards.

Telus Garden will feature a system to transfer excess heat between the two buildings as needed, the use of solar-power panels and the use of rainwater for toilets and garden irrigation.

Telus says when the project is completed in 2014 it will use at least 30 per cent less energy than a standard development of its size.

THE CANADIAN PRESS

Energy efficiency

$750M

Telus' new $750-million development, Telus Garden, will feature a system to transfer excess heat between two buildings, the use of solar power panels and rainwater toilets and garden irrigation, while using less than 30 per cent of energy than a standard development its size.

Market Moment

DOW JONES
12,977.57
(-2.73)

NASDAQ
2,976.19 (-12.78)

S&P 500
1,369.63 (-4.76)

TSX
12,643.82 (-79.64)

Dollar: $101.15 US (-$0.28)
Oil: $106.70 US (-$2.14)
Gold: $1,709.80 US (-$12.40)
Natural Gas (per 1,000 cubic feet): $2.48 US (+$0.2)

Selling back leases. Store closures by no means an end for Sears, says CEO

The closure of three high-profile Sears Canada Inc. department stores in Vancouver, Calgary and Ottawa should not be interpreted as a death knell for the struggling retailer, its president and CEO says.

Sears Canada said Friday that the prime locations will close by the end of October affecting some 670 jobs.

President and CEO Calvin McDonald — who took the lead role last summer to help reverse recent losses — said the retailer hadn't planned to sell or close stores, but an offer from its landlord, Cadillac Fairview, was attractive.

Under the agreement, Sears will sell back its leases for its Pacific Centre store in Vancouver, the Chinook Centre in Calgary and the Rideau Centre in Ottawa to Cadillac Fairview for about $170 million.

"It's a different scenario than closing and walking away from stores," McDonald said in an interview. But he said the closures shouldn't be interpreted as the beginning of the end for Sears Canada.

The company is testing out four new concept-store formats customized to different markets, with pilot projects slated to be opened later this year.

"These are all indications of a company very excited about its offer, very excited about its future growth and we're working to transform ourselves and deliver a strong business."

The decision to sell the three locations was made easier because the balance of sales at those stores doesn't reflect the strengths — hard goods, major appliances, furniture and mattresses — of the rest of the chain, McDonald said.

Sears will sell the space back to the Cadillac Fairview, the real estate arm of the Ontario Teachers' Pension Plan, by April 20, pending usual closing conditions.

The Vancouver store, a prominent feature of the Pacific Centre, is the biggest of the three that will be shuttered, with eight floors.

That location, as well as the store in Ottawa are former Eaton's stores that were reopened as Sears in 2000. The Calgary location has been a Sears store since 1965 and is located in the top-performing mall in the city.

About 670 jobs will be affected, but employees are being encouraged to apply for jobs at other stores. There are about 310 employees at the Vancouver location, 160 at in Calgary and some 200 in Ottawa.

The move comes as the retailer works to revamp its struggling Canadian operations. Sears Canada has been cutting jobs, decluttering stores and making other transformations.

In recent months, Sears Canada has laid off about 470 employees and is cutting prices on more than 5,000 items to boost sales. THE CANADIAN PRESS

Environment

Conservatives scrap charity agreement

The Conservative government cancelled an agreement with a charity that supports environmental causes eight months after energy firm Enbridge Inc. lobbied against the deal, The Canadian Press has learned.

The federal Fisheries Department said last September it would no longer use an $8.3-million grant from the Gordon and Betty Moore Foundation, a U.S.-based environmental trust. The foundation donated the money through charity Tides Canada, which was to distribute the funds with federal oversight to support a departmental marine-planning initiative. THE CANADIAN PRESS

Bank policy

Budget promises finally met

The Conservatives are making good on a two-year-old budget promise by ensuring banks can't hold personal cheques for more than four business days before freeing up funds. The change, which affects cheques under $1,500, was announced on Sunday by junior finance minister Ted Menzies. He announced several other consumer-friendly changes that were promised as far back as the 2010.

The changes ensure that cheques worth less than $100 must be cashed immediately in person or the following day if deposited in a bank machine. THE CANADIAN PRESS

Oil spill

BP reaches victim settlement

A settlement that BP is hammering out with victims of the massive Gulf oil spill finally provides a system for monitoring health concerns and compensating people whose illnesses are found to have a link to the disaster.

Under the settlement, the British oil giant said it expects to pay out $7.8 billion to settle a wide range of claims that also include property damage, lost wages and losses to businesses.

THE ASSOCIATED PRESS

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TORONTO JEALOUS OF REAL HOUSEWIVES

URBAN COMPASS
Paul Sullivan
vancouver@metronews.ca

If a city had hair, Vancouver's would be on fire.

Real Housewives of Vancouver! OMG! LOL! LMFAO!

I'm not sure how this happened, but on April 4, Vancouver will be the first Canadian city to have its own edition of this TV showcase of cougars behaving badly surrounded by luxury product placement.

Toronto is devastated. I know, because I'm in Toronto for a few days, and, boy, are they devastated. Although that may be because they're in Toronto, not Vancouver. At least it's sunny.

Seriously, Toronto Life magazine is beside itself, as in this headline: "The Real Housewives of Vancouver revealed — again, come on!" "Without a whisper of notice, we wake up to a press release for some show called The Real Housewives of Vancouver. What gives Toronto?"

This is fun. Toronto wants (needs) to be the first, the best, the one and only when it comes to everything, even fake "reality" shows starring vacuous, surgically enhanced gold-diggers. The rapid rise of this Left Coast pretender is ominous.

Never mind Calgary, where the real money and power lives these days. How long before someone announces the launch of GCB Calgary? The original GCB, which stands for "Good Christian Bitches" and had its debut last night on CTV, is set in Dallas, and adds a fake spiritual dimension to its fake glamour. As Calgary is the Canadian equivalent of Dallas, how long can it take before there's a northern knockoff, complete with Escalades and evangelical churches?

Meanwhile, back in Vancouver, Twitter is abuzz … or is that the buzz is a-Twitter? The best is all the breathless speculation about whether or not the show producers knew that "real housewife" Reiko MacKenzie's husband is in fact Sun News Lal (a.k.a. MacKenzie), an alleged former associate of gangster Bindy Johal. The two were tried together — and acquitted — for capping the notorious Dosanjh brothers. Not long after that, someone took the law into his or her own hands and assassinated Bindy (hence "former" associate). As if. Producers live for this kind of stuff.

Many of our local Voices of Reason seem more offended than Toronto that some Hollywood producer thought Vancouver was the logical location for the next scheduled Botox Bimbo eruption, and we've had to endure snarky knockoffs such as the "Real Housewives of Tsawwassen" and the "Real Housewives of East Vancouver." But those of us who are stuck in designer traffic every morning on the Lions Gate Bridge, watching the "housewives" apply last-minute eyebrows in their Lamborghinis, know we were made for this.

Let the show begin. Just get my best side.

Move aside, American Idols

FLORIDA KEYS NEWS BUREAU/THE ASSOCIATED PRESS

Key West

Catch your breath for Conch Shell Blowing Contest

Claire Hurd blows a decorated conch shell during the 50th Annual Conch Shell Blowing Contest in Key West, Fla.

Smith and more than 50 other contestants were judged at the event that took place on Saturday.

THE ASSOCIATED PRESS

Tooting your own horn

"I'm all about preserving the heritage of my home town. This is just one small piece that I get to contribute to helping preserve that history."

Clinton Curry, 38
A seventh-generation Key Wester, who first blew a conch shell as a child, and took top honours at this year's festival

History

- The event drew more than 50 entrants, ranging from young children to seniors, who were judged on quality, novelty, duration and loudness.
- The contest was conceived by the Old Island Restoration Foundation, founded in 1960 to advocate the preservation of Key West's culture as well as historically significant buildings.

Tradition

It's called the Conch Republic

The fluted, pink-lined conch shell has been blown in Key West since the early 1800s, when seafaring settlers used it as a signaling device. Native-born islanders like Curry are commonly called Conchs, and the Florida Keys are known as the Conch Republic.

THE ASSOCIATED PRESS

Weird news. You stole my heart, literally

Somewhere in Ireland, a burglar has the heart of a saint.

Officials at Christ Church Cathedral in Dublin said Sunday they're distraught and perplexed over the theft of the church's most precious relic: the preserved heart of St. Laurence O'Toole, patron saint of Dublin.

O'Toole's heart had been displayed in the cathedral since the 13th century. It was stored in a heart-shaped wooden box and secured in a small, square iron cage on the wall of a chapel dedicated to his memory.

On Saturday someone cut through two bars, pried the cage loose and made off with the relic.

"I am devastated that one of the treasured artifacts of the cathedral is stolen," said Rev. Dermot Dunne, the cathedral's dean. "It has no economic value but it is a priceless treasure that links our present foundation with its founding father."

Ireland's churches have suffered a spate of such robberies of irreplaceable, but also hard to sell, religious artifacts. THE ASSOCIATED PRESS

Local resident takes on bullying one blog post at a time

News Worth Sharing

Media will always have to report on the tough stuff. But we know that Canada is full of compassionate individuals, inspiring projects and stories worth celebrating. Here's just one.

We've long known the pen is mightier than the sword.

And now a determined young journalist is out to prove the blogosphere is mightier than the school bully. Burnaby resident and peer advocate Ceilidh Millar is using her platform to speak (and write) out against peer pressure, gossip and discrimination, leading a fight against bullying.

"If we remain silent bystanders, we too victimize bullied students through our inaction," says 18-year-old Millar, who started her crusade while in high school, and has since had her anti-bullying articles published on local news sites, and has even taken her message to the small screen.

On the recent National Pink Shirt Day (Feb. 29), Millar was invited to speak on Citytv's Breakfast Television, in solidarity with victims of bullying, and offer advice to her peers: "The best way youth can help someone who has been bullied is talk to them, show them they are not alone."

CRAIG AND MARC KIELBURGER

E-mail us for more information and to get involved. Help the good news get around. Send your stories of local heroes and positive action to goodnews@metowe.com and we'll share them right here.

metro
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5 TV shows for spring

It's time for the networks to do a little spring cleaning on their prime-time lineups. Metro takes a look at five new shows to find what's in season and what's out of date.

AMBER RAY, METRO WORLD NEWS
scene@metronews.ca

1 Missing: March 15, CTV

Ashley Judd stars in Missing / HANDOUT

The plot: A former CIA agent tears through Europe in search of her son, whom she suspects has been abducted.

Smells like: Taken, with Ashley Judd in the Liam Neeson role.

Remember that scene in Taken? "I don't know who you are. But if you don't let my daughter go, I will find you. I will kill you," Neeson says. To what lengths is Judd's character willing to go in Missing?

"In a flashback, you see my husband and me working as CIA operatives together, and we are faced with some really wrenching moral dilemmas," Judd says. "[Now the question is, 'Will] I potentially set aside my values and integrity in order to accomplish what seems to be a more precious goal, which is save my child?'"

2 Scandal: April 5, Citytv

Kerry Washington/ HANDOUT

"I love my shows that have stethoscopes in them," says Rhimes, who also created Private Practice. "This is just a different story. My shows are not necessarily medical shows or political shows. They're shows about strong, smart women and flawed, interesting people."

The plot: Kerry Washington stars as a Washington, D.C., "fixer," the head of a crisis-management firm who can resolve any conflict — except those in her personal life.

Smells like: Grey's Anatomy in the capitol

Grey's Anatomy creator Shonda Rhimes strips her trademark female lead of scrubs and transports her to D.C.

3 Touch: March 22, Global

Kiefer Sutherland stars in Touch/ HANDOUT

The plot: Kiefer Sutherland plays Martin, a widower struggling to provide for his emotionally challenged mute son, Jake, who has the ability to see patterns that connect everything in the world.

Smells like: Heroes meets Crash.

Tim Kring, the mastermind behind Heroes, is the creator of Touch."In terms of Jake's character being like a character on Heroes," Kring says, "we probably had some characters that had various abilities that would be kind of in that [same] category..."

4 Frozen Planet: March 18, Discovery

The plot: This documentary from the team behind Planet Earth uses its incredible filmmaking technology to capture an unprecedented glimpse of life at Earth's polar regions.

Smells like: Planet Earth on ice.

Frozen Planet / HANDOUT

"We were really motivated as a team to go and create this kind of ultimate portrait of the polar regions, because I think everyone's aware that there's a lot of change going on," says series producer Vanessa Berlowitz, referring to global warming. "In some ways, we feel that this series may be a last chance to see these great wildernesses on our planet before they change forever. I hope that's going to be the legacy of the series."

5 Magic City: April 6, Starz

A scene from Magic City /HANDOUT

The plot: In late-1950s Miami, the swanky Miramar Playa Hotel plays host to everyone from Frank Sinatra to the CIA as Castro's army rises in Cuba. The series follows the drama surrounding the family (headed by Jeffrey Dean Morgan) that runs the resort.

Smells like: Mad Men with gangsters.

Magic City creator Mitch Glazer grew up in Miami Beach and says he's been "squirreling away" stories from this era to write into a show. "The cool thing was, besides the beauty and the glamour [of the '50s and '60s], there were also really amazing things happening in the world," Glazer says.

2 SCENE

Box office

1. Dr. Seuss' The Lorax, $70.7 million
2. Project X, $20.8 million
3. Act of Valor, $13.7 million
4. Safe House, $7.2 million
5. Tyler Perry's Good Deeds, $7 million

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Arnold and Maria caught playing happy family

Despite separating last year, Maria Shriver appears to be looking to reconcile with Arnold Schwarzenegger, according to the New York Post.

"Arnold and Maria are having marriage counselling to work through their issues to get back together," a source says.

"Maria is a devout Catholic and doesn't believe in divorce, but is still struggling with the humiliation she endured by him."

It was revealed last year that Schwarzenegger had fathered a 13-year-old child with a housekeeper, prompting Shriver to dump him.

Other sources have said the counselling rumours aren't true, but Schwarzenegger and Shriver were spotted having lunch together before doing some furniture shopping in Santa Monica, Calif., last week.

METRO

From actress to addict:

Can Lindsay really make a comeback?

THE WORD
Dorothy Robinson
scene@metronews.ca

Do you remember Lindsay Lohan when she was a talented child actress, before the puffy face and handcuffs?

We're struggling. The 25-year-old is now better known as an addict than as an actress, but has the combination of jail time, therapy and community service at a morgue finally made her come to her senses?

Psychotherapist Sherry Gaba has doubts over Lohan's sobriety. "When a person is sober, they usually know their sobriety date without question. She did not give it in her most recent interview, so I am not so sure that she is," says Gaba of last week's chat with Matt Lauer for The Today Show.

On the other hand, Lohan's career seems to be back on track and she's being tipped for the coveted role of Elizabeth Taylor in the upcoming Elizabeth and Richard: A Love Story, provided she behaves.

"Getting and staying sober is a one day at a time program," says Gaba.

"Lindsay will need to continue to stay close to a recovery program that will need to include 12-step meetings, a sponsor, and possibly psychotherapy to deal with the underlying issues that have lead to her numerous relapses."

Gaba believes there is no guarantee that Lohan will stay clean forever. "Only if she is willing to make her recovery her number one priority will she have an excellent chance of living a fulfilling and sober life."

ROMINA MCGUINNESS WROTE TODAY'S EDITION OF THE WORD. ALL PHOTOS GETTY IMAGES.

Fame at a young age

Like other troubled former child stars (see: Drew Barrymore, Corey Haim, Corey Feldman, Britney Spears, to name just a few), Lindsay's unusual upbringing may have contributed to her current problems.

- **Lost childhoods.** "Child stars often become 'adult children' with highly stressful responsibilities. As young adults they sometimes attempt to re-capture their lost childhoods by acting out and behaving in self-destructive ways, which may be one of the reasons Lindsay has been so troubled," explains Gaba.

Nick Cannon scales back his activities after a few health scares

Nick Cannon is opening up about his recent trips to the emergency room.

"It's a lot of stuff, but it's all in order now," Cannon tells People magazine.

"They kind of say [my] autoimmune [disease] is — like a lupus type of thing, but no one else in my family has it."

Cannon was first hospitalized for "mild kidney failure" in January, and then again a few weeks later because of a blood clot in his lungs.

"The blood clot thing was probably the scariest because I've known people who have passed away from that," Cannon says.

His doctors' advice? Quit some of his numerous jobs — like his gig hosting a New York radio show, which he recently gave up. "I'm just trying to make sure I put my health first," he says. METRO

Rihanna says she's not dating Chris Brown, and being single sucks

Despite rumours that she and Chris Brown have been reuniting, Rihanna insists that she's not dating anyone — and it's driving her crazy.

"I am a single lady. This is not something I enjoy. Single life is so overrated," she tells Jonathan Ross during an interview for his U.K. talk show.

"You always want to be single when you are in a relationship, but trust me it is no bueno."

METRO

Rihanna reacts to rumours

"I am a single lady. This is not something I enjoy. Single life is so overrated."

Rihanna

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If the YouTube videos are staged, what are the implications for the child? / ISTOCK

When funny kid videos may be fake

YouTube. Every week, a new video appears online with a child doing something wacky or unique. But are they staged?

MICHELLE CASTILLO
Metro World News

On YouTube, you'll find many adorable videos of kids singing Twinkle Twinkle Little Star, but one of them, titled Girl Singing With Her Mouth Closed funny hidden talent, has suddenly scored more than 420,000 views — and a number of negative comments.

"Wait, was that real?" asked one — as in, is it possible to sing with one's mouth closed?

"Fake," said another.

"Fake but funny." "It's real!" said one more.

Thirty-one pages of debate followed. Mary Napoli understands the uploader's pain.

She posted a video called Family Home Destroyed By Avalanche — Children To Blame, which reportedly showed her two sons blanketing her home in a five-pound bag of flour while she was in the bathroom.

Although the video was supposed to be for friends and family, it ended up getting almost four million views on YouTube — and plenty of negative responses from people who claimed it was a fake.

Her family even appeared on the Today Show on NBC to debate the authenticity of the video.

"I had people pinpointing, 'Oh she has flour on her pants,' and freeze framing the whole thing," she said to Metro.

"Honestly, it was almost mostly negative feedback," Naopli added.

"I had huge emotional problems over it.

"I was just doing it for family. I definitely have tougher skin for it."

She still maintains it is authentic.

Dr. Bonnie Eaker Weil, a New York City psychotherapist and author of Make Up, Don't Break Up, said that parents may be harming their children by falsifying a clip, especially if that child becomes an online celebrity.

"You can be teaching a child that lying and fabricating is OK," she said.

"They can grow up and become narcissistic and learn how to manipulate.

It also makes them feel that the only way to be loved is to get attention in these ways," Weil explained.

Bashar Akhtar is another parent accused of fabrication. His son and daughter became stars after their video — of his son Faris' shocked face after he found out that Darth Vader was Luke's father — received more than 3 million views.

"Nasty comments were posted," he said, but maintains the video is true, and can prove it. "I don't think Faris or Shazia are that good actors!" he protests.

"He loves Star Wars — and keeps trying to Jedi Mind trick his sister."

Negative comments

'That boy is ugly!'

Parents, be careful what you post, and what your kids read about themselves. Negative comments, especially those about appearance, can have adverse affects on children who may not understand the difference between reading comments online and real-world critique.

"Three million people are judging you. People can be mean and sadistic," said Naopli.

"What you want to do as a parent is talk about the bullying that happens on YouTube," she said.

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3 LIFE

Laundry evolution

New Tide

It took eight years, 450 product sketches, 6,000 customer tests and hundreds of million of dollars for Procter & Gamble to create something that it hopes will not be destroyed in the wash.

Tide Pods are palm-size, liquid detergent-filled tablets that are designed to be tossed in the washer to take thåe measuring cups — and messiness – out of laundry. The company says they'll hit stores next month.

100th Anniversary

Girl Scouts

A century has passed and millins of Americans have taken the Girl Scout promise, sold Samoas and Thin Mints by the truckload and gone on to careers from CEOs to astronauts. As they celebrate their 100th anniversary, the Girl Scouts boast a record of progressiveness.

Making snack time even more impressive just got easier

This recipe makes 48 wontons. THE CANADIAN PRESS H/O

Spiced Avocado Wontons. These crispy bite-sized eats will make great appetizers for any entertaining occasion

1 Place olive oil in skillet over medium high heat. Add onions and cook, stirring often, until softened, about 4 mins. Add cumin, salt, chili powder, cayenne and cinnamon. Stir to combine and let cook for 1 min.

2 Add ground beef and cook, stirring often, until browned 5 mins. Add red peppers and cook for another minute, breaking up bigger pieces of meat with a wooden spoon. Remove from heat. Sprinkle lime juice over avocado and add to meat mixture. Stir gently to combine.

3 Place equal amounts of meat mixture in the centre of each wonton wrapper, about 5 ml (1 tsp) each.

4 Dip fingers in water and moisten edges of won ton. Fold wonton over to form a triangle, pressing edges to seal. Repeat with remaining wrappers and meat mixture.

5 Place 5 cm (2 inches) of oil in a medium saucepan. Place saucepan over medium heat. Working in batches, carefully put 5 or 6 wontons in oil and cook until golden about 40 seconds. Turn and cook another 30 to 40 seconds. If wontons get brown too quickly, lower heat a little bit.

6 Remove wontons from oil with a slotted spoon. :et drain on paper towels before serving the dipping sauce.

7 Place avocado, sour cream, lime juice and zest in the work bowl of a food processor and blend until very smooth. THE CANADIAN PRESS/ HASS AVOCADO BOARD

Ingredients

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) diced onion
- 1 ml (1/4 tsp) ground cumin
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) chipotle chili powder
- 0.5 ml (1/8 tsp) each cayenne pepper and ground cinnamon
- 250 g (1/2 lb) ground beef
- 160 ml (2/3 cup) finely diced red bell pepper
- 15 ml (1 tbsp) lime juice
- 1 ripe fresh avocado, peeled, seeded and finely diced
- 50 count package wonton wrappers
- 50 ml (1/4 cup) water

Dipping Sauce

- 2 ripe, fresh avocados, peeled and seeded
- 250 ml (1 cup) low fat sour cream
- 30 ml (2 tbsp) lime juice (or to taste)
- zest from 2 limes, optional

Healthy eating

Choose it and lose it

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Chinese soups are delicious options for those craving something warm on a cold day. Watch for what's in the soup before you choose.

Wonton soup

452 calories/ 17 g fat
The chicken broth is fine but the pork dumplings count in the fat and calories of this common Chinese soup.

Equivalent

10 oz. pork tenderloin in calories
Jus one bowl of Wonton soup will cost you a lot in calories.

Egg drop soup

182 calories/ 9.5 g fat
Even if two eggs are used in this soup, that would only account for 150 calories and about 8 gm of fat.

Queen of Green

Brew from a can or brew from a bottle?

What's better for the environment—beer in cans, or bottles?
Dave of Halifax

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Locally made beer in a glass bottle is better.

If your favourite beer is made in a land far, far away, choose cans. But two other options exist: 1) a draft at a local pub (maybe at a Green Drinks event?) or, 2) a local and organic brew.

According to the federal government, the brewing industry maintains a good environmental record. But what does that mean?

Thanks to provincial bottle return deposit systems, minimal quantities of packaging end up in municipal landfills.

The national average for recycled glass bottles is 97 per cent and they're reused 15 to 20 times. Aluminum can recovery rates are lower, about 80 per cent.

Apparently our Canadian marketplace is characterized by high bottle usage due to consumer preference, environmental regulations and industry systems to facilitate re-use. Some provinces even impose a levy or a deposit on non-reusable containers (i.e., cans) to deter their use.

But cans are lighter, right? Yes. And that means transportation emissions are lower. Most cans contain about 40 per cent recycled aluminum, which is also good news. Recycled aluminum requires 95 per cent less energy and produces 95 per cent less greenhouse gas emissions than manufacturing new aluminum.

Another point for glass is that canned beverages — beer, pop, infant formula, — leach bisphenol-A (BPA) from their protective metal linings. BPA is a human-made chemical linked to breast and prostate cancer, and many more health concerns.

Finally, keep your eyes peeled for certified organic beers. Sustainability runs deep with many companies that compost, use rain barrels and even power their operations with renewable energy. Always recycle bottles and cans.

Whatever you choose — choose sustainability / ISTOCK PHOTO

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You can have it all: He'll put money on it

Recession to redemption. Robert Meggy is finding a wealth of happiness in building a friendly, familial workforce

TURNING POINT
Teresa Kruze
life@metronews.ca

Robert Meggy is the president and CEO of the Great Little Box Company / PROVIDED

Robert Meggy is an accountant by profession but as a businessman he knows how to weather an economic downturn.

In 1982, Meggy bought the Great Little Box Company in Vancouver just before the recession took the knees out of the economy. His sales numbers plummeted overnight.

"It was like someone had turned off the tap. During the day I'd be operati

ng the machines and answering the phone and at night I'd write up the orders when we had them. It was an ugly time and I lost 15 pounds."

Meggy weathered the storm (and other recessions to follow) and today his company employs 250 people and is on target to make $40 million in 2012. Meggy credits his success with assembling the right team.

"I run it like a group of friends and I walk around the plant every week and talk to as many as I can. We set yearly goals and measure progress every month. When you run an open book employees care more. Enjoy the people you work with because it makes a huge difference."

From this accountant, that is advice you can take to the bank.

Budding business builders take heed!

Robert Meggy offers his advice to aspiring entrepreneurs:

- **People are your number one asset.** We conduct seven to eight interviews for each person we employ. You will make or lose $50,000 to $100,000 depending on who you hire.
- **Encourage feedback from your employees.** One thing employees really want is recognition and appreciation. We encourage one-on-one meetings with supervisors.
- **Measure everything.** Track the number of sales and cold calls. We measure machine speeds and how many pieces are made per hour. It all translates into efficiency and success.
- **Set yearly goals and measure them every month.** Have you ever met a golfer who doesn't keep score? It's no different for a company. If you measure and track everything you'll care more and have more interest in your company.

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- **Change in appetite**
- **Poor sleep**
- **Fatigue**
- **Low self-esteem**
- **Poor concentration**

If you have some of these symptoms and are between 19 - 55 years of age, you may be eligible to participate in a research study, "Neurocognition and Work Productivity in Major Depressive Disorder". This study looks at the effects of antidepressant medication on cognition and work functioning.

The study is being conducted by **Dr. Raymond Lam** at the **Mood Disorders Centre, UBC Hospital.**

For more information, call **604-822-8012.**

a place of mind THE UNIVERSITY OF BRITISH COLUMBIA
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TOO GOOD TO BE TRUE?

IT PROBABLY IS. KEEP ONLINE FRAUDSTERS OUT OF YOUR HOME BY BEING AWARE

ISTOCKPHOTO/THINKSTOCK

Who hasn't received an email from someone in a foreign country who says they need your help — and your bank account number — in order to get a huge inheritance out of the country?

Of course, it's a scam, warns Staff Sgt. Paul Proulx, manager of the Canadian Anti-Fraud Centre in North Bay, Ont.

March is Crime and Fraud Prevention Month, and the theme this year is online fraud.

"Computers are in over 80 per cent of homes today," says Proulx. "But computers can bring fraudsters into your home, too."

Online scams come in the form of pop-up boxes, legitimate-looking advertisements and emails sent directly to your inbox.

According to the Canadian Anti-Fraud Centre and the British Columbia Crime Prevention Association some of the most popular online fraud pitches being used today include:

- Sales of a service or merchandise by a third party.
- "You've Won a Big Prize."
- Emergency. Often targeted at grandparent, someone emails (or calls) pretending to be a grandchild in need of quick money.
- Anti-Virus Scam. Someone claiming to be from Microsoft, for example, advises that there is a virus problem on your computer and offers to fix it — but you will have to provide remote access.
- Free loans ... once you fill out credit applications and pay a fee.
- Gold buying schemes to sell, trade or receive (unfair) returns for gold and jewelry.
- Anti-social network. Criminals collect information from social networks such as Twitter and Facebook.
- Penny auctions. Deals where you must set up an account and purchase bids with a credit or debit card.

The more you are aware of what to look for, says Carolyn Sinclair, executive director of the British Columbia Crime Prevention Association, Surrey, B.C., the more you will recognize scams and exit the page, say "no thanks," or just delete.

Always be suspicious, says Sinclair. If you don't recognize the sender, don't open the email. If you are going to engage in any transaction, validate it first.

"If it's too good to be true, it probably is."

Also, be sure your computer has the most recent spam filters, anti-virus and anti-spyware software and a secure firewall.

If you do become a victim of fraud, report it to the police or if it involves money being removed from a bank account, report it to your bank.

McMaster University research shows that only about five per cent of fraud victims actually report the crime.

Says Proulx: "In 2011, we're seeing that Canadians 60 to 69 years old were most victimized, but the highest dollar loss occurred in the 50-59-year-old group."

– Ylva Van Buuren

PROMISING ADS

Have you seen information online or in newspapers promising visas and employment in Canada — for a price?

These ads are not likely legitimate. In fact, you don't have to hire an immigration representative to apply for a visa or for Canadian citizenship. Contact cic.gc.ca for both advice and for visa application forms.

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immigration.gc.ca/antifraud
1 800 O-Canada (1-800-622-6232) TTY/ATS: 1-800-926-9105
Citizenship and Immigration Canada
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Canada

WE ALL PAY THE PRICE

YOU CAN REDUCE INSURANCE FRAUD BY BEING VIGILANT

When someone cheats, everyone pays.

When you buy insurance for your home, car or business, you put your money into a pool with many others to help the few who suffer financial hardship because of tragedy, such as fire or a car crash.

But what happens when criminals or cheaters take more than their share? Or even fake the whole event? We are all forced to pay more. It isn't fair — but it's a reality.

The Insurance Bureau of Canada (IBC), in partnership with member insurers, works to investigate and identify suspected fraudsters. Just this year, the leader of a crime ring who staged a dozen collisions and defrauded insurance companies of approximately $1.5 million pleaded guilty in a Toronto court.

A collaborative effort between IBC, insurance companies, police and dedicated prosecutors connected the dots, allegedly linking body shops, towing companies and medical and rehabilitation clinics operating this scam.

ISTOCKPHOTO/THINKSTOCK

While organized crime gets the press, many other forms of insurance fraud occur on a smaller scale, but still add up to millions of dollars. Because insurance is paying during these schemes, shady medical facilities often bill for services never provided to a collision victim, or a contractor might pad a repair estimate for property damage. The person making the claim may not even recognize that he or she is part of a scam. But they are.

And then there is the smallest — and most pervasive — insurance crime of all. Your neighbour's garage gets broken into and he starts bemoaning the loss of his high-end tools, although you could have sworn the drill you borrowed was the cheapest on the market. Lying on an insurance claim may not seem as bad as staging a collision or over billing, but it's all insurance fraud. And it costs everyone money.

You can reduce fraud by being vigilant and willing to speak up. If you are in a collision, be aware that everyone involved may not be above board. And if you suspect fraud, call IBC's tip line (it's anonymous). After all, fraudsters are stealing from the same pool that contains your hard-earned cash.

IT'S A CRIME TO:

- Make a claim for items not stolen or for items of higher value than those stolen.
- Include pre-collision damage in a claim.
- Exaggerate injuries to collect benefits.
- Make a claim for an event that never happened.
- Offer or accept "free" treatment for an injury unrelated to a collision.
- Charge an insurer for treatments that never happened.
- Encourage anyone to participate in insurance fraud.

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IBC BAC

4 SPORTS

Golf

"It was tough today, especially seeing Tiger make a charge."

Rory McIlroy, who held on to win the Honda Classic despite a late push from Tiger Woods. Woods had a birdie-eagle finish for a 62 — his lowest final round ever — to get within one shot of the lead.

DeRozan leads Raps to win over Warriors

NBA. Raptors get some payback against team that embarrassed them in last meeting, despite slow start

Sunday's game

83	75
RAPTORS	WARRIORS

DeMar DeRozan had 25 points and the Toronto Raptors blanketed high-scoring Golden State en route to an 83-75 win over the Warriors on Sunday night.

Leandro Barbosa added 18 points in a reserve role for the Raptors (12-25), who limited Golden State to 36.3 per cent shooting for just their fifth win in the last 16 games. It was the first meeting between the teams since the Warriors pulverized Toronto, scoring 84 first-half points in a 138-100 laugher in California last March.

Golden State wasn't laughing this time; the run-and-gun Warriors (14-20) were held to one fast-break point and turned the ball over 14 times, leading to 18 Toronto points.

David Lee had 22 points and 12 rebounds to lead the Warriors, who fell to 2-3 on a six-game road trip that wraps up Monday night in Washington.

Golden State broke out to a nine-point halftime lead but hit just two of its first 12 shots to open the third quarter, allowing the Raptors to climb to within six.

A Lee jumper ended the drought but Toronto continued to chip away at the deficit, a DeRozan layup making it a 56-54 game with three minutes left.

Barbosa's floating jumper in the lane evened the score in the final minute, and a turnover on the Warriors' next possession led to a 2-on-1 that DeRozan finished off with an alley-oop dunk of a Jerryd Bayless feed as Toronto led 60-58 entering the fourth.

A Barbosa three-pointer stretched the advantage to five early in the final quarter, and he found Amir Johnson with a nifty pass for an uncontested dunk near the halfway point of the frame to give Toronto a 73-66 edge. Golden State closed to within four on an Ellis layup, but Barbosa followed with a three from the left corner and the Raptors held on from there.

Both teams were frigid to start, combining to miss 17 of their first 23 shots in the opening half of the first quarter.

A Dorell Wright three-pointer put the Warriors up 14-10, and Lee added a driving two-handed dunk in the closing moments of the period as Golden State enjoyed a 20-18 advantage after one.

Klay Thompson connected from long range near the three-minute mark of the quarter to extend the Warriors' lead to six, and a Lee 17-foot jumper with 30 seconds left completed a 6-of-7 first-half shooting performance for the star forward as the Warriors went into the break ahead 47-38.

THE CANADIAN PRESS

DeMar DeRozan jumps for the basket in front of Golden State's Ekpe Udoh. CHRIS YOUNG/THE CANADIAN PRESS

World Cup slalom. First win in over forty years

No one saw it coming. Not even Erin Mielzynski, who delivered the race of her life Sunday to give Canada its first World Cup slalom victory in more than four decades.

"It's a little slice of heaven right now," said Mielzynski. "Right now I don't want the day to end. It's surreal."

The 21-year-old from Guelph, Ont., had never placed higher than 13th on the World Cup circuit but used a strong second run to deliver a breakthrough performance.

In the process, she became the first Canadian woman to win a World Cup slalom race since Betsy Clifford in 1971.

"Today my goal was just to ski like I do in training," said Mielzynski. "I was a little nervous to do that because it's a little different than the way I race. I think that made the difference. I kind of let go of everything else and it was just me and the course."

THE CANADIAN PRESS

Winning time

1:53:59

Mielzynski's two-run total was one minute 53.59 seconds. Resi Stiegler of the United States finished second.

Curling championships

Alberta joins Nova Scotia with a perfect record

Alberta's Kevin Koe joined Nova Scotia with three wins at the Canadian men's curling championship Sunday.

Koe thumped Quebec's Robert Desjardins 9-2 to finish the day 3-0.

Nova Scotia's Jamie Murphy beat B.C.'s Jim Cotter 5-3 earlier for a third straight victory.

Meanwhile, Ontario's Glenn Howard earned a 6-5 extra-end win against Brad Gushue of Newfoundland and Labrador.

THE CANADIAN PRESS

Spring training

Bedard struggles against Blue Jays

Erik Bedard struggled with his control Sunday in a rough spring training debut with the Pittsburgh Pirates.

The left-hander from Ottawa gave up two runs in two innings in an 8-5 loss against the Toronto Blue Jays.

Bedard hit the first batter he faced, gave up a double to Travis Snider, walked two and struck out one.

Snider was 2-for-4 with 3 RBIs for the Jays. Blue Jays left-hander Aaron Laffey had a 1-2-3 first inning. THE ASSOCIATED PRESS

Football

NFL to continue investigating bounties

The NFL plans to keep looking at plays from recent seasons after a league investigation found the New Orleans Saints paid bounties to players for knocking opponents out of games.

League spokesman Greg Aiello said in an email to The Associated Press on Sunday the NFL will be "addressing the issues raised as part of our responsibility to protect player safety and the integrity of the game."

THE ASSOCIATED PRESS

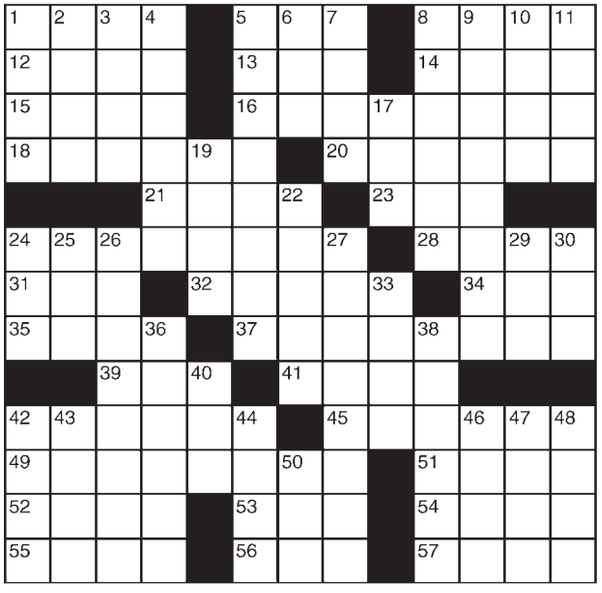
Crossword

Across

1 Gets a glimpse of
5 Tree fluid
8 One of the Three Bears
12 "Gone With the Wind" plantation
13 Actress Carrere
14 Letter jumble (Abbr.)
15 "Yeah, right!"
16 Dig
18 Soothe
20 On an angle
21 Tiers
23 Homer's interjection
24 Rough calculation
28 Outlet
31 "Humbug!"
32 "Top Chef" network
34 Cattle call?
35 Bjorn of tennis lore
37 Weaken
39 Anger
41 Leg joint
42 Party souvenirs
45 Standard
49 Move to another country
51 Crimson Tide, for short
52 — -a-ling
53 Auto fuel
54 From the beginning
55 Nervous
56 Tummy muscles
57 Camera part

Down

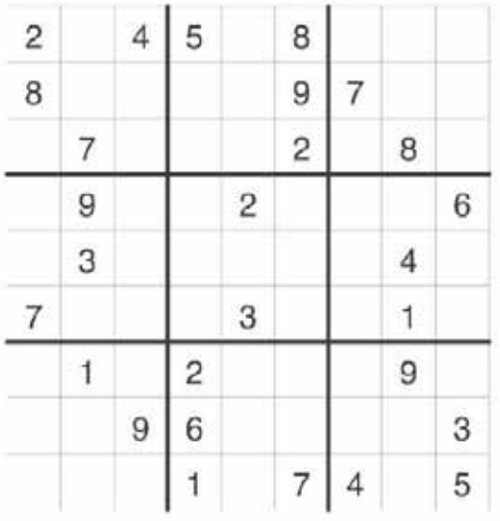
1 Impale
2 Facility
3 Rocker Clapton
4 Jungle expedition
5 Good glasses
6 — -en-Provence, France
7 Treaty
8 "Conditioned reflex" doctor
9 Curse
10 Cracker spread
11 Elderly
17 Help
19 Bausch's partner
22 Reeked
24 Recede
25 — Paulo, Brazil
26 Prosperous
27 Uniformity
29 "To be or — ..."
30 Sock part
33 Sandwich cookie
36 Needing more sleep, maybe
38 Oral
40 Make a mistake
42 Big party
43 In the thick of
44 Long story
46 Horse's neck hair
47 Prayer ending
48 Legislations
50 Bill



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Friday's answer

Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer

Send a kiss

- **My Devishly Handsome Superhero** I'm really glad you flew back into my life. I'm less damsel in distress and more WonderWoman this time around, no? I'm busy not making plans and living for the day, and each day seems to get better, especially with you in it. I don't know what tomorrow will bring, Superheros aren't clairvoyant....but I know that today was brilliant. That's good enough for me. From The Best Girlfriend in the World
- **tori prince michelle** hi tornuts its been a long time your away from home and Monday is a big day for me to see you again after two months. From jose
- **babes** requesting an email message from you. please. would like to chat and hear your voice. I would email you but am skeptical. From your babes.

Horoscope

Aries | March 21 - April 20. Make an effort to be nice to people this week and they will make an even bigger effort to be nice to you.

Taurus | April 21 - May 21. Venus moves into your birth sign today, bringing both love and luck with it.

Gemini | May 22 - June 20. You can and you must banish all thoughts of failure from your mind today and throughout the week ahead.

Cancer | June 21 - July 22. You may get a bit emotional today. You may also find yourself saying words that would normally get stuck in your throat.

Leo | July 23 - Aug. 22. You won't be in the mood to try too hard today but that's OK because the people you live and work with will be happy to do things for you.

Virgo | Aug. 23 - Sept. 22. You seem to be moving on a higher mental and emotional level than usual.

Libra | Sept. 23 - Oct. 22. No matter how badly you have fallen out with a friend or family member you can still patch things up – but you've got to act now.

Scorpio | Oct. 23 - Nov. 21. You are at one with the world – and the world is at one with you.

Sagittarius | Nov. 22 - Dec. 21. If life isn't moving exactly how you want it to move then you cannot be trying hard enough.

Capricorn | Dec. 22 - Jan 20. Attitude is everything and your attitude is just perfect today.

Aquarius | Jan. 21 - Feb 18. If your head tells you one thing and your heart tells you another it is your head you must listen to.

Pisces | Feb. 19 - March 20. You know that what you are doing is right. You know that you are on the right track. **SALLY BROMPTON**

Caption Contest

"Just dashing through the snow."
Douglas

CHARLES KRUPA/THE ASSOCIATED PRESS

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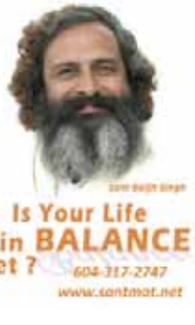

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